

Historic, archived document

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DAILY FOOD GUIDE

some choices for thrifty families

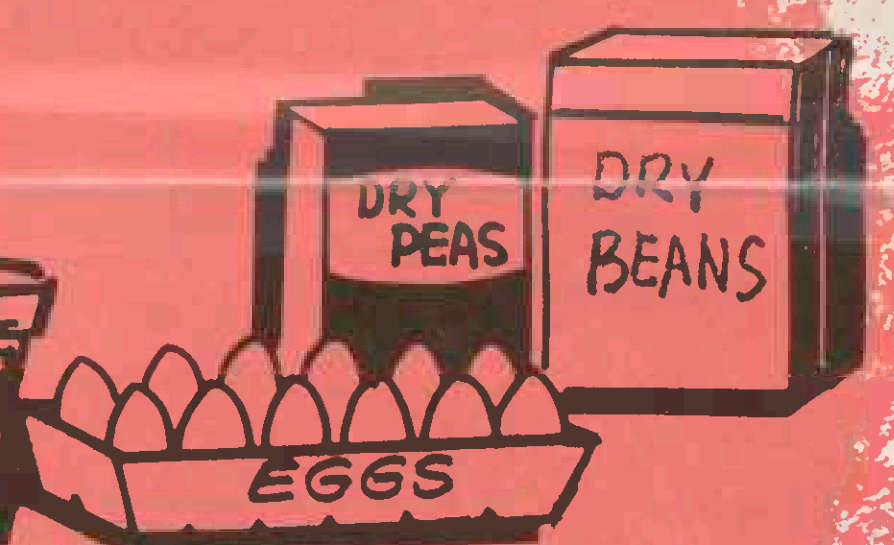
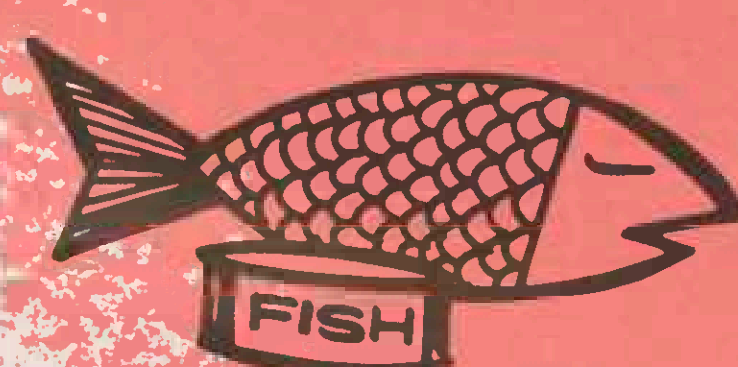
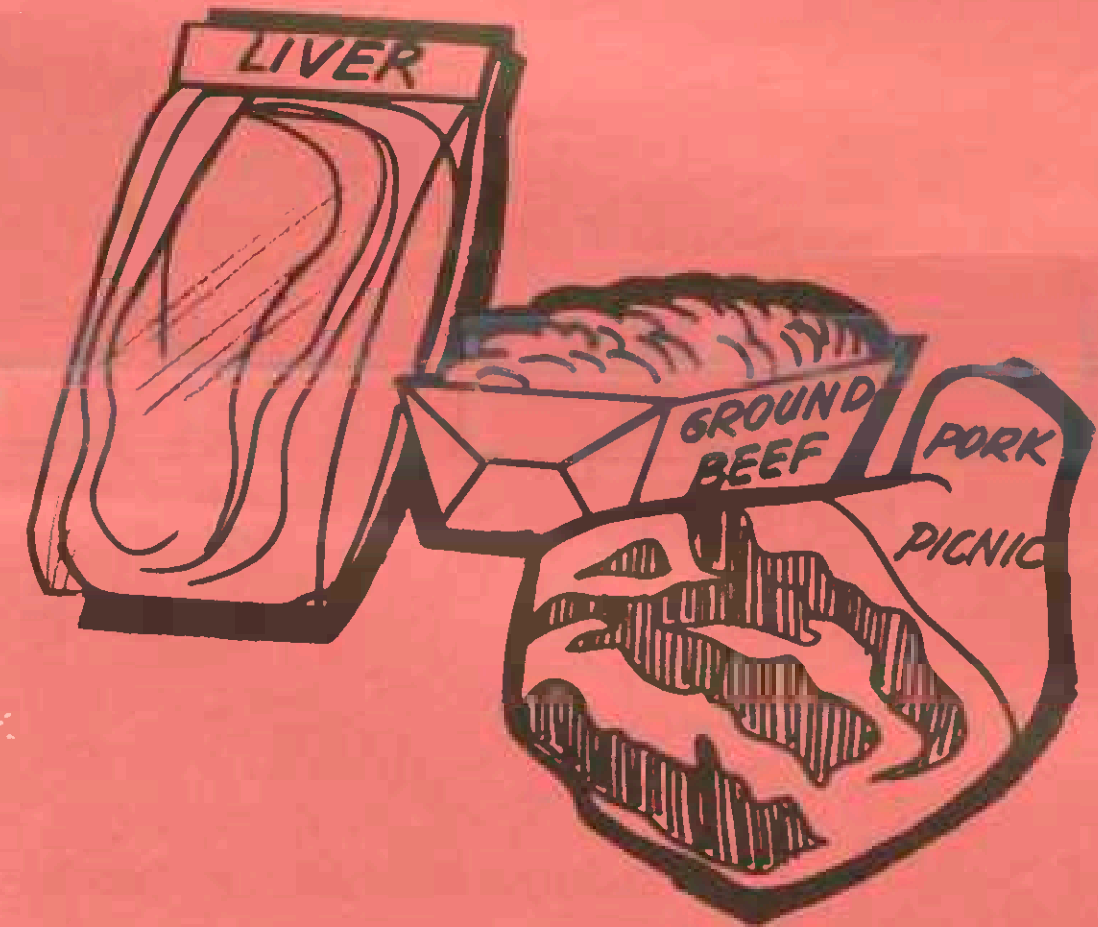
MILK GROUP

some for everyone



MEAT GROUP

2 or more servings



VEGETABLE - FRUIT GROUP

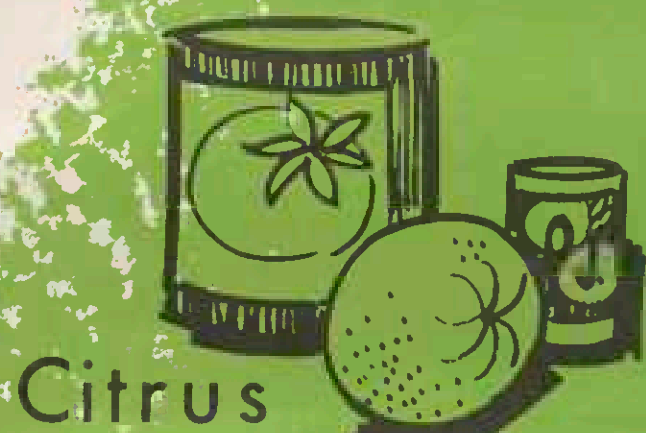
4 or more servings



Dark Green



Deep Yellow



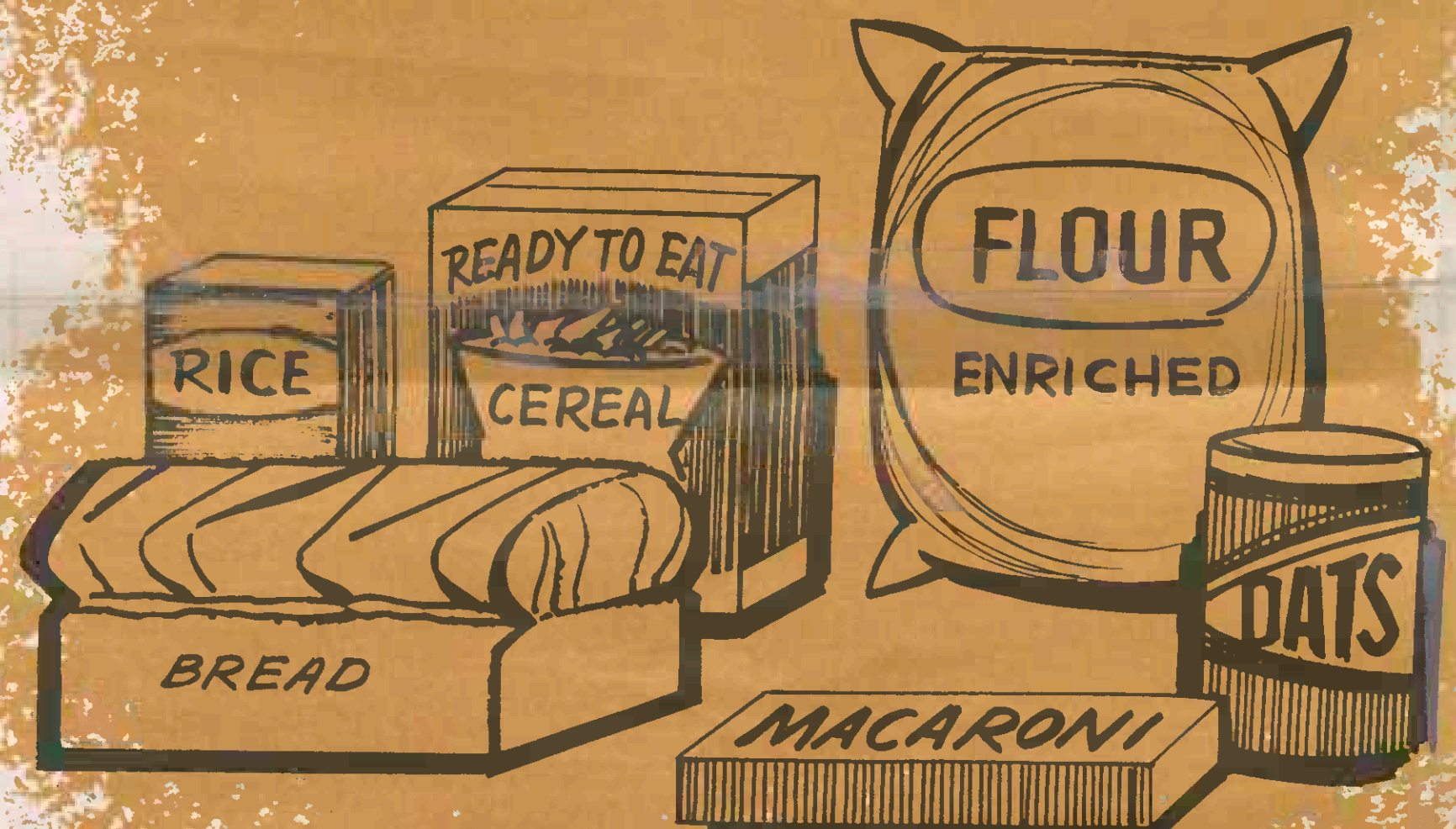
Citrus and Tomatoes



others

BREAD - CEREAL GROUP

4 or more servings



WHOLE GRAIN OR ENRICHED

everyday eat foods from each group

EAT OTHER FOODS AS NEEDED TO ROUND OUT MEALS

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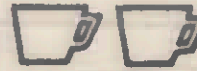
Follow the Food Guide Every Day

**SOME
for
EVERYONE**

MILK GROUP

COUNT AS A SERVING 1 CUP  OF MILK

Children under 9 —  to  Adults —  or more

Children 9-12 —  or more Pregnant Women —  or more

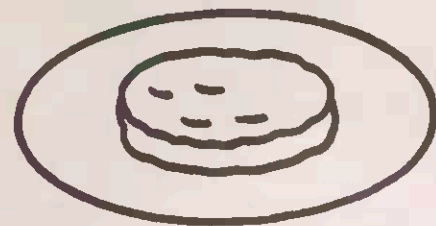
Teenagers —  or more Nursing Mothers —  or more

Cheese can be used for part of the MILK

**2
or more
SERVINGS**

MEAT GROUP

COUNT AS A SERVING 2 OR 3 OUNCES OF COOKED LEAN MEAT,
POULTRY OR FISH — — SUCH AS



A HAMBURGER



OR A CHICKEN LEG



OR A FISH

ALSO - 2 EGGS  

OR 1 CUP  COOKED DRY BEANS OR PEAS

OR 4 TABLESPOONS   PEANUT BUTTER



**4
or more
SERVINGS**

VEGETABLE-FRUIT GROUP

COUNT AS A SERVING ½ CUP  (RAW OR COOKED)
OR 1 PORTION SUCH AS



OR



OR



**4
or more
SERVINGS**

BREAD-CEREAL GROUP (WHOLE GRAIN OR ENRICHED)
COUNT AS A SERVING

1 SLICE  OF BREAD OR 1 BISCUIT 

OR 1 OUNCE READY-TO-EAT CEREAL — — — — 

OR ½ CUP  TO ¾ CUP  COOKED CEREAL,

CORNMEAL, GRITS, MACARONI, RICE, OR SPAGHETTI

EAT OTHER FOODS AS NEEDED TO ROUND OUT THE MEALS

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